



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Bolz, Stefan

Total time: 1:46:08

Number: 259

Speed: 10.46 km/h

Running performance: 5:44 min/km

Course: 18.50 km

Rank in course/Total: 82 (of 116)

Lange Strecke

Rank in course/Men: 70 (of 94)

Best time in course: 1:06:23

Category:

Rank in category: 16(of 19)

Senioren M50 (50-54)

Best time in the category: 1:14:41

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	53:45	5:46	17	17:04	78	21:00	9.30	53:45	5:46	17	17:04	78	21:00
Runde	9.00	51:26	5:42	12	14:08	63	18:27	18.30	1:45:11	5:44	16	31:12	70	39:27
Finish	0.20	0:57	4:44	15	0:15	65	0:18	18.50	1:46:08	5:44	16	31:27	70	39:45